

LOUISIANA PUBLIC SCHOOLS ELEMENTARY FITNESS MEET

I. ELIGIBILITY AND AGE REQUIREMENTS

- A. The Program shall be open to elementary students throughout Louisiana.
 - 1. Age Requirements
 - a. Only students who are eleven (11) years old or younger shall be eligible for the competition.
 - b. student, if eleven (11) years old, must have reached eleven (11) **on or after September 1** of the current school year.
- B. Two boys and two girls from each parish will advance to the Championships in May.

II. FITNESS MEET EVENTS

- A. The following events will be contested by the participants in the meet:
 - 50-Yard Dash
 - Pull-Ups
 - Shuttle Run
 - Standing Long Jump
 - Curl-Ups
 - 600-Yard Run
 - Sit and Reach
- B. Rules, regulations, and general information about each event are attached.

III. SCORING AND AWARDS

- A. Individual Scoring
 - 1. Each student can score a maximum of 125 points in each event depending on his/her performance.
 - 2. A scoring table of performance (norms) and points will be included in the "rules, regulations" brochure.
 - 3. Each participant will be timed or measured in all seven (7) events.
- B. Team Scoring
 - 1. A combination of the four (4) individual scores from each parish will comprise the team score.

2. If a contestant cannot complete all seven (7) events, an alternate may take up where he/she left off, but the scores of the original contestant and those of the alternate **MAY NOT BE COMBINED FOR ANY AWARDS**. Once a contestant withdraws, he/she may not re-enter competition for any event.

C. Awards

1. Individual and team awards will be presented to the top contestants and schools at the conclusion of the competition.

IV. **TEAM UNIFORMS**

- A. Each student must be attired in shorts or warm-up pants, T-shirt and shoes.
- B. The student may compete in tennis shoes.
 1. **Spikes cannot be used.**
- C. Cut-offs, dungarees, or halter tops are not allowed. Boys must wear shirts.
- D. Would recommend team uniforms.

V. **PARENTS' AND DOCTORS' PERMISSION**

- A. Each student must have a permission slip in writing from his/her parents in order to compete.
- B. Each competitor must obtain a note from the doctor stating his/her fitness to compete.

VI. **RESPONSIBILITY OF ELIGIBLE STUDENTS**

- A. The physical education instructors and the principals of the respective schools are responsible for the eligibility of the participants.
 1. Copy of birth certificate will be required.

VII. **DEADLINE FOR ENTRY**

- A. Parish coaches or parish supervisor must present their four entries (2 boys and 2 girls) plus 1 boy and 1 girl alternate to the Competition Director no later than 4:00 P.M. on Thursday, May 2, 2002. Bring or send to:

**Rudy Macklin
Governor's Council on Physical Fitness and Sports
1201 Capitol Access Rd., Bin #2
Baton Rouge, LA 70802**

- B. **No entry form entry forms will not be accepted after the 4:00 P.M. deadline. Allow two (2) or three (3) days for delivery.**
- C. Entry fee of \$30.00 per parish is required and must accompany parish entry forms. Each participant (6) and coach from each parish will have a T-shirt.

Make checks payable to: **Department of Health and Hospitals (DHH)/Governor's Council on Physical Fitness and Sports.**

VIII. APPEALS PROCEDURES

- A. An alleged violation or grievance by a coach or participant shall be in written form and presented by the coach to the Appeals Committee before the completion of the meet. All allegations will be thoroughly investigated and acted upon immediately. The Appeals Committee will consist of the meet director and the two meet coordinators. The action taken by the Appeals Committee will be **FINAL**.

IX. RECOMMENDATIONS TO PARISH SUPERINTENDENTS

- A. Encourage physical education instructors to participate in the fitness meet.
- B. Encourage instructors to involve these seven (7) fitness events in their regular physical education program.

X. RECOMMENDATIONS TO PHYSICAL EDUCATION INSTRUCTORS

- A. Encourage all students to participate. This program is not set up for just athletes at your school.
- B. For best results, have fitness program at your own school. Select two (2) boys and two (2) girls from your program to participate in the Parish Meet.
- C. Begin to train students for these events in the fall of the school year. Do not wait until April to begin training - it's too late.

XI. RULES FOR PERSONS ACCOMPANYING PARTICIPANTS

- A. No parish coach, parish official or parent will be permitted to be on the track field during fitness events except those who are officiating or if a student becomes ill or is injured.
- B. Persons accompanying participants will be expected to sit in the stands - this includes non-participating alternates.

FITNESS EVENT #1

50-YARD DASH (Boys and Girls)

- EQUIPMENT:** Stopwatch; 50-yard straight-away.
- DESCRIPTION:** Four to eight competitors will race at one time. They will take their positions behind the starting line (no spiked shoes or starting blocks will be used). The official starter will use the commands "On Your Marks," "Get Set," and "Go." As he says "Go" he will fire a starting pistol. The timers will start their stopwatches at the visible sign of the gun's smoke. The competitors will sprint the 50 yards, in their own lane, to the designated finish line where the timers will be standing.
- RULES:** The score is amount of time between the sound and smoke of the gun and the instant the competitor crosses the finish line. Importance is not in coming in first, second, or third, but how fast the competitor sprints the 50 yards. Competitors cannot run out of their assigned lane.
- SCORING:** The official timers will record in seconds to the nearest tenth of a second.
- EXAMPLE:** (Boys)
- 7.44 Rounds to 7.4 = 65 points
Round Down *7.45 Rounds to 7.4 = 65 points
7.46 Rounds to 7.5 = 61 points

FITNESS EVENT #2

SHUTTLE RUN (Boys and Girls)

EQUIPMENT: 2 blocks of wood (2 x 2 x 4 inches); stopwatch.

DESCRIPTION: Two parallel lines will be marked on the ground 30 feet apart. The blocks of wood will be placed behind one of the lines. The competitor starts from behind the other line. On the signal "Ready – Go!" the competitor runs to the blocks, picks up one, runs back to the starting line, and places the block behind the line; he/she then runs back and picks up the second block, which he/she carries back across the starting line. The stopwatch is started on the word "Go" and stopped as competitor crosses the last line.

RULES: Each contestant will have two trials in the shuttle run.

SCORING: The official timer will record the time to the nearest 1/100th of a second. Best score of the two trials will be recorded.

EXAMPLE: (Boys)

9.74 Rounds to 9.7 = 67 points
Round Down *9.75 Rounds to 9.7 = 67 points
9.76 Rounds to 9.8 = 64 points

FITNESS EVENT #3

PULL-UPS (Boys and Girls)

- EQUIPMENT:** A metal or wooden bar approximately 1-1/2 inches in diameter is preferred. A doorway gym bar can be used and, if no regular equipment is available, a piece of pipe or even the rungs of a ladder can also serve the purpose.
- DESCRIPTION:** The bar should be high enough so that the pupil can hang with his/her arms and legs fully extended and his/her feet free of the floor. He/she must use the overhand grasp. After assuming the hanging position, the pupil raises his/her body by his/her arms until his/her chin can be placed over the bar and then lowers his/her body to a full hand as in the starting position. The exercise is repeated as many times as possible.
- RULES:**
1. Allow one trial unless it is obvious that the pupil has not had a fair chance.
 2. The body must not swing during the execution of the movement. The pull must in no way be a snap movement. If the pupil starts swinging, check this by holding your extended arm across the front of the thighs.
 3. The knees must not be raised and kicking of the legs is not permitted.
- SCORING:** Record the number of completed pull-ups to the nearest whole number.

FITNESS EVENT #4

STANDING LONG JUMP (Boys and Girls)

EQUIPMENT: Mat and measuring tape.

DESCRIPTION: Competitor stands with the feet several inches apart and the toes just behind the take-off line. Preparatory to jumping, the competitor swings the arms backward and bends the knees. The jump is accomplished by simultaneously extending the knees and swinging forward the arms.

RULES: Three trials will be allowed. Measurements will be from the take-off line to the heel or other part of the body that touches the floor nearest the take-off line.

SCORING: The official scorer will record the best of the three trials in feet and inches to the nearest $\frac{1}{4}$ inch.

Keep official score for record purposes: Round Raw Score for points only.

EXAMPLE: (Boys)

6' 1- $\frac{1}{4}$ " Rounds to 6' 1" = 46 points

6' 1- $\frac{1}{2}$ " Rounds to 6' 2" = 48 points

6' 1- $\frac{3}{4}$ " Rounds to 6' 2" = 48 points

FITNESS EVENT #5

CURL-UPS (Boys and Girls)

OBJECTIVE: Number of curl-ups performed in one minute.

EQUIPMENT: Stopwatch; a mat or other clean surface, if preferred.

STARTING POSITION: Student lies on back with knees flexed at 90 degrees; partner holds feet. Heels should not be more than 12 inches from the buttocks and the back flat on the floor. Arms are crossed with hands placed on opposite shoulders, arms close to chest. The arms are held in contact with the chest at all times.

ACTION: Student raises the trunk curling up to touch elbows to thighs and then lowers the back to the floor so that the scapula (upper back) touches the floor. This constitutes one curl-up.

THE TEST: The timer calls out the signal "Go" and begins timing one minute. Student stops on the word "Stop." The number of correctly executed curl-ups completed in 60 seconds is the student's score.

- RULES:
1. "Bouncing" off the floor/mat is not allowed.
 2. The curl-ups will be counted only if the student (a) keeps fingers touching shoulders; (b) touches elbows to thighs; and (c) returns to position with scapula touching floor before curling up again.

FITNESS EVENT #7

600-YARD RUN (Boys and Girls)

EQUIPMENT: ¼-mile track and stopwatch.

DESCRIPTION: Competitors will use a standing start. The official starter will give the command "On Your Marks" and then fire the gun. At the sound of the gun, the competitors (6 or 8 at one time) will commence running the nearly 1-1/2-lap distance. The running may be interspersed with walking. The official timers will be at the finish line to time and record each competitor's performance.

RULES: Walking is permitted, but the object is to cover the distance in the shortest possible time. Track spikes are not allowed. Competitors may run with tennis shoes. Competitors may pass other runners and cut inside if they have a two-stride advantage.

SCORING: The official timers will time and record in minutes and seconds to the nearest tenth of a second.

EXAMPLE: (Boys)

2:09.49 Rounds to 2:09 = 79 points
Round Down *2:09.50 Rounds to 2:09 = 79 points
2:09.51 Rounds to 2:10 = 78 points

PARTICIPANT ENTRY FORM

Parish _____

Boys
Name

Date-of-Birth
Month/Day/Year

1. _____

2. _____

Alternate: _____

Girls
Name

Date-of-Birth
Month/Day/Year

1. _____

2. _____

Alternate: _____

The following documents must be attached to Entry Form and forwarded to the Governor's Council on Physical Fitness and Sports office:

***Copy of Birth Certificate**

***Physician's Statement**

Coach _____

Address _____

Telephone#(O) _____ (H) _____

****A copy of the physician's statement for each participant must be attached to this entry form.
(Will Not Accept Nurse's Signature.)**

**!!! DEADLINE!!! THURSDAY, MAY 2, 2002. NO ENTRIES WILL BE ACCEPTED
AFTER 4:00 P.M. ON THIS DATE.**

PLEASE PRINT

(Name of Student)

(Parish)

ELEMENTARY FITNESS MEET

Physical Examination Summary

1. Heart Condition: Satisfactory Unsatisfactory (Circle One)
2. Lungs: Satisfactory Unsatisfactory (Circle One)
3. Is there evidence of hernia? _____

**KEEP COPY
IN SCHOOL
OFFICE**

Would athletic competition be likely to be injurious?

4. Is the general condition of feet, ears, eyes, and nose satisfactory?

5. Are there apparent cavities in any teeth? _____

Is there a bridge or false teeth? _____

I certify that I have on this date examined the above student and recommend him (or her) as being physically able to compete in supervised athletic activities.

_____, 19_____
Date

Signature of Examining Physician
(School Nurse Cannot Sign—Physician Only)

**NOTE: THIS FORM SHOULD BE COMPLETELY FILLED OUT AND
FILED IN THE OFFICE OF THE PRINCIPAL PRIOR TO
STUDENT'S PARTICIPATION.**

**A COPY OF THE COMPLETED FORM FOR EACH
PARTICIPANT MUST ACCOMPANY THE SCHOOL'S OFFICIAL
ENTRY FORM.**

GIRL'S SCORE SHEET

**LOUISIANA SCHOOLS ELEMENTARY FITNESS MEET
GIRL'S SCORE SHEET**

POINTS	50 YD DASH	SHUTTLE RUN	PULL UPS	STAND- ING LONG JUMP	CURL UPS	600 YD RUN	SIT & REACH	POINTS
25				5'4"		3:09		25
24	8.7	11.2				3:10		24
23						3:11	13	23
22				5'3"	20	3:12		22
21						3:13		21
20			1			3:14	12	20
19	8.8	11.3		5'2"		3:15		19
18						3:16		18
17					19	3:17	11	17
16				5'1"		3:18		16
15						3:19		15
14	8.9	11.4				3:20	10	14
13				5'0"		3:21		13
12					18	3:22		12
11						3:23	9	11
10				4'11"		3:24		10
9	9.0	11.5				3:25		9
8						3:26	8	8
7				4'10"	17	3:27		7
6						3:28		6
5						3:29	7	5
4	9.1	11.6		4'9"		3:30		4
3						3:31		3
2					16	3:32	6	2
1				4'8"		3:33		1

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POINTS	50 YD DASH	SHUTTLE RUN	PULL UPS	STAND- ING LONG JUMP	CURL UPS	600 YD RUN	SIT & REACH	POINTS
50	8.1	10.6	3		31	2:44	22	50
49				6'0"		2:45		49
48					30	2:46		48
47	8.2	10.7				2:47	21	47
46				5'11"	29	2:48		46
45						2:49		45
44					28	2:50	20	44
43	8.3	10.8		5'10"		2:51		43
42					27	2:52		42
41						2:53	19	41
40				5'9"	26	2:54		40
39	8.4	10.9				2:55		39
38					25	2:56	18	38
37				5'8"		2:57		37
36					24	2:58		36
35			2			2:59	17	35
34	8.5	11.0		5'7"	23	3:00		34
33						3:01		33
32					22	3:02	16	32
31				5'6"		3:03		31
30						3:04		30
29	8.6	11.1				3:05	15	29
28				5'5"		3:06		28
27					21	3:07		27
26						3:08	14	26

**LOUISIANA SCHOOLS ELEMENTARY FITNESS MEET
GIRL'S SCORE SHEET**

POINTS	50 YD DASH	SHUTTLE RUN	PULL UPS	STAND- ING LONG JUMP	CURL UPS	600 YD RUN	SIT & REACH	POINTS
75			5			2:19		75
74					43	2:20		74
73	7.4	9.9		6'8"		2:21	30	73
72					42	2:22		72
71						2:23		71
70	7.5	10.0		6'7"	41	2:24	29	70
69						2:25		69
68					40	2:26		68
67	7.6	10.1		6'6"		2:27	28	67
66					39	2:28		66
65			4			2:29		65
64	7.7	10.2		6'5"	38	2:30	27	64
63						2:31		63
62					37	2:32		62
61	7.8	10.3		6'4"		2:33	26	61
60					36	2:34		60
59						2:35		59
58	7.9	10.4		6'3"	35	2:36	25	58
57						2:37		57
56					34	2:38		56
55				6'2"		2:39	24	55
54	8.0	10.5			33	2:40		54
53						2:41		53
52				6'1"	32	2:42	23	52
51						2:43		51

**LOUISIANA SCHOOLS ELEMENTARY FITNESS MEET
GIRL'S SCORE SHEET**

POINTS	50 YD DASH	SHUTTLE RUN	PULL UPS	STAND- ING LONG JUMP	CURL UPS	600 YD RUN	SIT & REACH	POINTS
100	6.5	9.0	9	7'5"	56	1:54	41	100
99						1:55	40	99
98					55	1:56	39	98
97	6.6	9.1		7'4"		1:57	38	97
96					54	1:58		96
95			8			1:59		95
94	6.7	9.2		7'3"	53	2:00	37	94
93						2:01		93
92					52	2:02		92
91	6.8	9.3		7'2"		2:03	36	91
90			7		51	2:04		90
89						2:05		89
88	6.9	9.4		7'1"	50	2:06	35	88
87						2:07		87
86					49	2:08		86
85	7.0	9.5	6	7'0"		2:09	34	85
84					48	2:10		84
83						2:11		83
82	7.1	9.6		6'11"	47	2:12	33	82
81						2:13		81
80					46	2:14		80
79	7.2	9.7		6'10"		2:15	32	79
78					45	2:16		78
77						2:17		77
76	7.3	9.8		6'9"	44	2:18	31	76

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POINTS	50 YD DASH	SHUTTLE RUN	PULL UPS	STAND- ING LONG JUMP	CURL UPS	600 YD RUN	SIT & REACH	POINTS
125	5.7	8.5	18	8'2"	81	1:29	66	125
124			17		80	1:30	65	124
123				8'1"	79	1:31	64	123
122					78	1:32	63	122
121	5.8		16	8'0"	77	1:33	62	121
120		8.6			76	1:34	61	120
119					75	1:35	60	119
118	5.9		15	7'11"	74	1:36	59	118
117					73	1:37	58	117
116					72	1:38	57	116
115	6.0	8.7	14	7'10"	71	1:39	56	115
114					70	1:40	55	114
113					69	1:41	54	113
112	6.1		13	7'9"	68	1:42	53	112
111					67	1:43	52	111
110		8.8			66	1:44	51	110
109	6.2		12	7'8"	65	1:45	50	109
108					64	1:46	49	108
107					63	1:47	48	107
106	6.3		11	7'7"	62	1:48	47	106
105		8.9			61	1:49	46	105
104					60	1:50	45	104
103	6.4		10	7'6"	59	1:51	44	103
102					58	1:52	43	102
101					57	1:53	42	101

BOY'S SCORE SHEET

**LOUISIANA SCHOOLS ELEMENTARY FITNESS MEET
BOY'S SCORE SHEET**

POINTS	50 YD DASH	SHUTTLE RUN	PULL UPS	STAND- ING LONG JUMP	CURL UPS	600 YD RUN	SIT & REACH	POINTS
25				5'3"	12	3:03		25
24	8.4	10.8			11	3:04		24
23					10	3:05	9	23
22				5'2"	9	3:06		22
21					8	3:07		21
20					7	3:08	8	20
19	8.5	10.9		5'1"	6	3:09		19
18					5	3:10		18
17			1		4	3:11	7	17
16				5'0"	3	3:12		16
15					2	3:13		15
14	8.6	11.0			1	3:14	6	14
13				4'11"		3:15		13
12						3:16		12
11						3:17	5	11
10						3:18		10
9	8.7	11.1				3:19		9
8						3:20	4	8
7						3:21		7
6						3:22		6
5						3:23	3	5
4	8.8	11.2				3:24		4
3						3:25		3
2						3:26	2	2
1						3:27		1

**LOUISIANA SCHOOLS ELEMENTARY FITNESS MEET
BOY'S SCORE SHEET**

POINTS	50 YD DASH	SHUTTLE RUN	PULL UPS	STAND- ING LONG JUMP	CURL UPS	600 YD RUN	SIT & REACH	POINTS
50	7.8	10.2		6'3"	37	2:38	18	50
49					36	2:39		49
48				6'2"	35	2:40		48
47	7.9	10.3			34	2:41	17	47
46				6'1"	33	2:42		46
45					32	2:43		45
44			4	6'0"	31	2:44	16	44
43	8.0	10.4			30	2:45		43
42				5'11"	29	2:46		42
41					28	2:47	15	41
40				5'10"	27	2:48		40
39	8.1	10.5			26	2:49		39
38				5'9"	25	2:50	14	38
37					24	2:51		37
36				5'8"	23	2:52		36
35			3		22	2:53	13	35
34	8.2	10.6		5'7"	21	2:54		34
33					20	2:55		33
32				5'6"	19	2:56	12	32
31					18	2:57		31
30				5'5"	17	2:58		30
29	8.3	10.7			16	2:59	11	29
28				5'4"	15	3:00		28
27					14	3:01		27
26			2		13	3:02	10	26

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BOY'S SCORE SHEET**

POINTS	50 YD DASH	SHUTTLE RUN	PULL UPS	STAND- ING LONG JUMP	CURL UPS	600 YD RUN	SIT & REACH	POINTS
75			9			2:13		75
74				7'3"	48	2:14		74
73	7.1	9.5				2:15	26	73
72				7'2"		2:16		72
71			8		47	2:17		71
70	7.2	9.6		7'1"		2:18	25	70
69						2:19		69
68				7'0"	46	2:20		68
67	7.3	9.7	7			2:21	24	67
66				6'11"	45	2:22		66
65						2:23		65
64	7.4	9.8		6'10"	44	2:24	23	64
63						2:25		63
62				6'9"	43	2:26		62
61	7.5	9.9				2:27	22	61
60			6	6'8"	42	2:28		60
59						2:29		59
58	7.6	10.0		6'7"	41	2:30	21	58
57						2:31		57
56				6'6"	40	2:32		56
55						2:33	20	55
54	7.7	10.1		6'5"	39	2:34		54
53						2:35		53
52			5	6'4"	38	2:36	19	52
51						2:37		51

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POINTS	50 YD DASH	SHUTTLE RUN	PULL UPS	STAND- ING LONG JUMP	CURL UPS	600 YD RUN	SIT & REACH	POINTS
100	6.2	8.6	16	8'0"	57	1:48	37	100
99						1:49	36	99
98					56	1:50	35	98
97	6.3	8.7	15	7'11"		1:51	34	97
96						1:52		96
95					55	1:53		95
94	6.4	8.8	14	7'10"		1:54	33	94
93						1:55		93
92					54	1:56		92
91	6.5	8.9	13	7'9"		1:57	32	91
90						1:58		90
89					53	1:59		89
88	6.6	9.0		7'8"		2:00	31	88
87			12			2:01		87
86					52	2:02		86
85	6.7	9.1		7'7"		2:03	30	85
84						2:04		84
83			11		51	2:05		83
82	6.8	9.2		7'6"		2:06	29	82
81						2:07		81
80					50	2:08		80
79	6.9	9.3	10	7'5"		2:09	28	79
78						2:10		78
77					49	2:11		77
76	7.0	9.4		7'4"		2:12	27	76

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POINTS	50 YD DASH	SHUTTLE RUN	PULL UPS	STAND- ING LONG JUMP	CURL UPS	600 YD RUN	SIT & REACH	POINTS
125	5.7	8.1	23	8'10"	82	1:23	62	125
124					81	1:24	61	124
123				8'9"	80	1:25	60	123
122			22		79	1:26	59	122
121				8'8"	78	1:27	58	121
120	5.8	8.2			77	1:28	57	120
119				8'7"	76	1:29	56	119
118			21		75	1:30	55	118
117				8'6"	74	1:31	54	117
116					73	1:32	53	116
115	5.9	8.3		8'5"	72	1:33	52	115
114			20		71	1:34	51	114
113					70	1:35	50	113
112				8'4"	69	1:36	49	112
111					68	1:37	48	111
110	6.0	8.4	19		67	1:38	47	110
109				8'3"	66	1:39	46	109
108					65	1:40	45	108
107					64	1:41	44	107
106			18	8'2"	63	1:42	43	106
105	6.1	8.5			62	1:43	42	105
104					61	1:44	41	104
103			17	8'1"	60	1:45	40	103
102					59	1:46	39	102
101					58	1:47	38	101